



Tool Box Talk

Anxiety

What is Anxiety?

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. Anxiety is a very common mental health disorder. Anxiety disorders affect 4.6% of the population in Canada.

Common Signs and Symptoms of Anxiety

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating
- Having trouble sleeping



Experiencing a mental health and addictions crisis? Call 811

When to See a Doctor

- If your anxiety is interfering with your work
- If you have suicidal thoughts
- If your anxiety is getting too difficult to control